

أستمعُ لِجسمي

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Level 2



لَنْ أَذهبَ إلى الْمدرسةِ الْيومَ.



إنهُ يَومُ إجازةٍ!



لَنْ أُشاهِدَ التِّلفازَ الْيومَ.



الْكهرباءُ مَقطوعَةٌ.



ماذا سَأفعلُ؟



سَوفَ أستمعُ لِجسمي الْيومَ!



يَجِبُ أنْ أكونَ هادِئَةً، هادِئَةً كثيرًا لِأستطيعَ أنْ أستمعَ لِجِسمي.



أستطيعُ أنْ أسمعَ صوتَ أنفاسي الآنَ،

شَهيقٌ... زَفيرٌ... شَهيقٌ... زَفيرٌ...



أستطيعُ أن أُصدِرَ صَوتَ نفسٍ عالٍ، سسسسسسسسس.

وأستطيعُ أنْ أُصدِرَ صَوتًا أرَّق، مممممم.



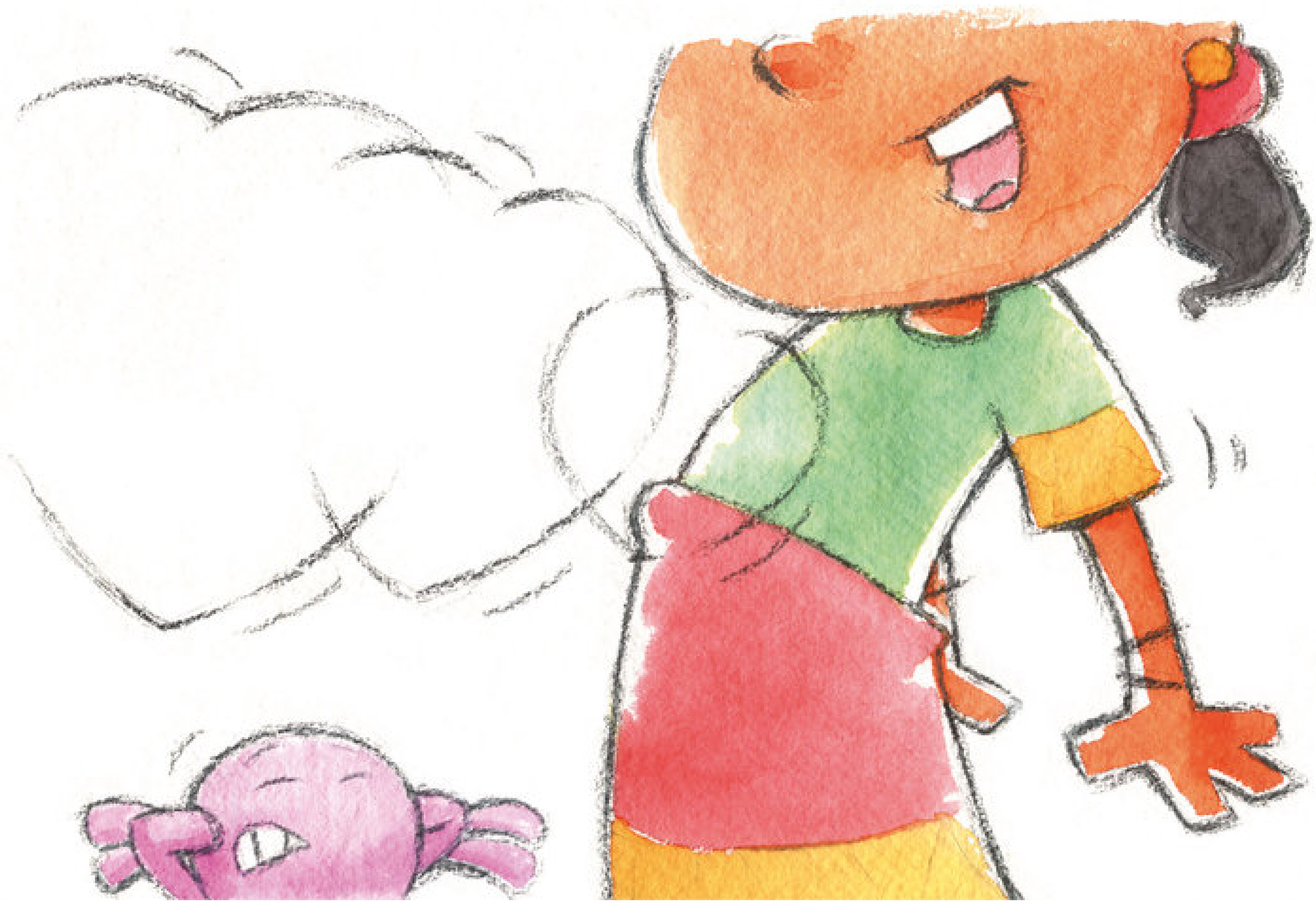
والآنَ أستطيعُ أَنْ أستمعَ لِدقات قَلبي.

دوم دوم دوم.



كيفَ أَزيدُ دقاتِ قَلبي وأجعلُ صوتَها أَعلى؟

أستطيعُ أن أقفزَ عِشرينَ مَرةً.



اسمعْ كَمْ صارَتْ دقاتُ قَلبي سَريعةً، دوم، دوم، دوم!



أستطيعُ أنْ أسمعَ دقاتِ قلبي إنْ وَضَعْتُ أصابِعي على مِعصَمي.



أستطيعُ أنْ أسمَعَ نَفْسي أَضحكَ، ها ها ها!



وأبكي، واا، واا، واا!



وأُزقِفَ، تاتا، تاتا، تاتا!



والْأَهمُ مِنْ كلِّ شيءٍ، أَستطيعُ أنْ أسمعَ بَطني يُخشخِشُ.

بررر، بررر، بررر!



وَيَقولُ لي: "أَطعِمْني، أَطعِمْني".



وَأَنفي يَشُمُّ الْكَعكَ الّذي تَطْبُخُهُ أُمّي في الْمطبخِ.



الْإستماعُ لِجسمي مُمْتِعٌ.
أُريدُ أَنْ أستمعَ لِفَكي يَمضُغُ الآن.



وَلِبطني يأكلُ كَعكَ أُمّي اللّذيذ!



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أستمعُ لِجسمي
(Arabic)

هل استمعت لجسمك من قبل؟

This is a Level 2 book for children who recognize familiar words and can read new words with help.